

South Dakota Breakfast Muffin or Sandwich¹⁵

Number of Servings: 15 (263.21 g per serving)

Amount	Measure	Ingredient
15.00	ea	English Muffin
30.00	oz	Egg Whites, raw, lrg
3/4	cup	Milk, 1%, w/add vit A & D
15.00	ea	Eggs, whole, raw, lrg
3.00	Tbs	Spice, onion, minced, dehyd
15.00	svg	Cheese sauce ⁵
1 1/2	Tbs	Herb, parsley, dried

Nutrients per serving

Nutrition Facts	
Serving Size (263g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 220mg	73%
Sodium 650mg	27%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 27g	
Vitamin A 15%	Vitamin C 2%
Calcium 35%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

2 Whole grain bread or toast may be used instead of 1 English muffin for this recipe. If bread or toast is used call it a SD Breakfast Sandwich

Fresh parsley may be used instead of dried parsley

If Bread or Toast is used, eggs and cheese sauce may be served on 1 slice with the 2nd slice being spread lightly with margarine and served on the side.

Combine eggs, egg whites (2 c is 1 pound), minced dehydrated onion, and milk. Use non stick spray in pan(s) that will handle the volume you are preparing. Pour egg mixture in pans and bake in in baking pan (9X13" pan for 15 or 18 serv). Bake 15-25 minutes at 350 degrees, stirring once after 10 minutes of baking and again after 5-15 minutes (should be very soft curds when removing from oven as will continue to cook. Cooking time will vary with yield being prepared and depth of mixture in pans.

Serve 1/2 C serving (#8 scoop) of scrambled egg over 2 English muffin halves or 2 slices whole grain bread or toast.

Serve 1/4 C Cheese Sauce Recipe over eggs and muffin/toast.

Garnish with fresh parsley or dry parsley flakes.

HACCP

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

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